

1       1. An exercise device comprising:  
2       a frame including a substantially longitudinal portion;  
3       a base adapted for linear motion and supported by said substantially longitudinal portion of said  
4                  frame;  
5       a multi-position lock mounted to said frame, said lock enabling a plurality of secure angular  
6                  orientations relative to said frame;  
7       a bar adapted to couple to said multi-position lock; and  
8       a head portion pivotally mounted to said frame and including a spring releasably coupled to said  
9                  frame thereby, when engaged said spring allows resistance to movement of said head  
10                 portion.

1       2. The exercise device as in claim 1, wherein said longitudinal portion of said frame and  
2       said base adapted for linear motion are in combination comprised of a male and a female tube  
3       that telescope relative to one another.

1       3. The exercise device as in claim 1, wherein said multi-position lock is comprised of a first  
2       portion releasably secured to a second portion, the first portion mounted to said frame and said  
3       second portion adapted to receive said bar.

1       4. The exercise device as in claim 1, wherein said bar is further comprised of a free end, a  
2       handle and a flexible portion.

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1      7. The exercise device as in claim 6, wherein said spring is comprised of a torsion spring.

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1        8. The exercise device as in claim 1, wherein said spring is releasably coupled to said frame  
2                  by way of a locking pin and a spring ear.

1 9. The exercise device as in claim 8, wherein said locking pin is movably mounted to said  
frame and said spring ear is mounted to said spring.  
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10. The exercise device as in claim 1, wherein said base includes at least one wheel capable  
of articulation on a supportive surface.

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**11. An exercise device comprising:**

2 a frame;

3 a base adapted for linear motion and supported by said frame;

4 a multi-position lock mounted to said frame, said lock enabling a plurality of secure angular  
5 orientations relative to said frame;

6        a bar adapted to couple to said multi-position lock; and  
7        a head portion pivotally mounted to said frame and including a spring releasably coupled to said  
8                  frame thereby, when engaged said spring allows resistance to movement of said head  
9                  portion.

1        12.      The exercise device as in claim 11, wherein said frame and said base adapted for linear  
2                  motion in combination are comprised of a male and a female tube that telescope relative to one  
3                  another.

1        13.      The exercise device as in claim 11, wherein said multi-position lock is comprised of a  
2                  first portion releasably secured to a second portion, the first portion mounted to said frame and  
3                  said second portion adapted to receive said bar.

1        14.      The exercise device as in claim 11, wherein said bar is further comprised of a free end, a  
2                  handle and a flexible portion.

1        15.      The exercise device as in claim 14, wherein said flexible portion is comprised of a coil  
2                  spring that is mounted between said free end and said handle.

1        16.      The exercise device as in claim 11, wherein said head portion includes a head frame  
2                  mounted to a head support, said head frame mounted to said spring.

1       **17.** The exercise device as in claim 16, wherein said spring is comprised of a torsion spring.

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2       **18.** The exercise device as in claim 11, wherein said spring is releasably coupled to said  
frame by way of a locking pin and a spring ear.

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2       **19.** The exercise device as in claim 18, wherein said locking pin is movably mounted to said  
frame and said spring ear is mounted to said spring.

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2       **20.** The exercise device as in claim 11, wherein said base includes at least one wheel capable  
of articulation on a supportive surface.